## **Claims**

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1. A test-cutting target for cutting with edged weapons comprising:

an outer tube portion made of a first material defining a cylindrical space therein; an inner cylindrical portion within the outer tube portion, the cylindrical portion substantially filling the cylindrical space defined by the outer tube portion and made of a second material denser than the first material; and

wherein the test-cutting target includes an indicator indicative of the test curring target's density relative to other test-cutting targets.

- 2. The test-cutting target of claim 1, wherein the target comprises a cardboard outer tube portion filled with a hardened foam inner cylindrical portion.
- 3. The test-cutting target of claim 1, wherein the outer tube portion is made of a polyethylene foam and the inner cylindrical portion is made of a denser polyethylene foam.
- 4. The test-cutting target of claim 1, wherein the inner cylindrical portion is made of hardened foam.
  - 5. The test-cutting target of claim 1, wherein the outer tube portion is paper.
- 6. The test-cutting target of claim 4, wherein the hardened foam has a specific gravity between 0.08 to 1.5.
  - 7. The test-cutting target of claim 1, wherein at one end of the inner cylindrical portion is a hole having a depth for receiving a peg from a test cutting stand.

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- 8. The test-cutting target of claim 7, wherein the outer tube portion has one or more marks indicating safe locations to cut based on the depth of the hole.
  - 9. A test-cutting target for cutting with edged weapons comprising:

a body having a vertical member made of two or more materials having uniform but differing cutting properties and having a cylindrical hole in the body for receiving a retaining pin of a test cutting stand at one end of the vertical member.

- 10. The test-cutting target of claim 9, wherein the body is shaped like a cross, the body having two opposing arm members extending from the vertical member.
  - 11. The test-cutting target of claim 9, wherein the body comprises at least one vertical member and at least four horizontal arm members extending from the vertical member.
  - 12. The test-cutting target of claim 9, wherein the body comprises a vertical member and at least one arm member attached to the vertical member.
  - 13. The test-cutting target of claim 12, wherein the at least one arm member comprises a space for receiving and retaining a practice weapon.
  - 14. The test-cutting target of claim 9, wherein the two or more materials include at least one polyethylene foam having a specific gravity between 0.08 and 1.5.
- 15. The test-cutting target of claim 13, wherein the at least one arm member comprises two opposing arm members that approximate holding the practice weapon in the chudan no kamae position.
  - 16. The test-cutting target of claim 9, wherein the vertical member comprises a cylindrical portion having a first diameter and a block portion having a substantially flat surface for receiving thrusts.

- 17. The test-cutting target of claim 9, wherein the vertical member is substantially shaped like an upper body of a person.
- 18. The test-cutting target of claim 15, wherein the arm members are further rotatable to approximate a gedan no kamae position and a jodan no kamae position.
  - 19. A method of creating test-cutting targets for cutting by an edged weapon comprising: identifying a sequence of cuts to be practiced requiring a plurality of differing cutting surfaces;

identifying each of the plurality of differing cutting surfaces and a relative position of each of the plurality necessary to perform the sequence; and

forming a test-cutting target of one or more uniform cutting materials, the test-cutting target having each of the plurality of differing cutting surfaces, each of the plurality of differing cutting surfaces located at the relative position necessary to perform the sequence.

20. The method of claim 19 wherein the sequence of cuts includes at least one thrust and the differing cutting surfaces include at least one surface for receiving thrusts.

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